

Types of Nicotine Replacement Therapy

It is important that all types of nicotine substitution treatment aside from the nicotine fix are utilized on different occasions every day.

This can be tricky for ex-smokers who may think that its hard to adhere to the prescribed number of bits of nicotine gum or nicotine capsules.



Nicotine Patch



The [nicotine patch](#) looks like a small, square tan or clear bandage. It has an adhesive backing and is put on the upper arm or leg, or anywhere that is hairless.

Nicotine Gum

Nicotine gum comes in a variety of flavors and two strengths. Each piece is chewed until ex-smokers feel a tingling sensation, and then the gum is "parked" between the cheek and gum until the tingling stops. The process is then repeated until the gum is used up, usually about 30 minutes.



Nicotine Lozenges

Nicotine lozenges come in a pill or candy-like tablet and are used multiple times per day to reduce cravings to smoke.

Like nicotine gum, the lozenge comes in two strengths and is put between the cheek and gum where it slowly dissolves over the course of a half hour or so. The nicotine lozenge is sugar-free and comes in several flavors.



Nicotine Inhaler

The nicotine inhaler is a cylindrical tube that houses a cartridge of liquid nicotine.

Users draw on the mouthpiece to receive "puffs" of vapor that enter the lungs and send nicotine into the bloodstream.

